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NOT JUST ANOTHER ORDINARY GUY

COMEDIAN, ACTOR, CARPENTER, AUTHOR, MOUSTACHE MAVEN: IS THERE ANYTHING NICK OFFERMAN CAN'T DO?

PAGE 11

Blackfriars balks over bridge

Many residents are hoping the Blackfriars Bridge remains closed to traffic PAGE 3

Rapper denies using 'R'-word

Western joins two other Canadian universities in hot water over pro-rape chants, but O-Week performer Classified insists he didn't say the word PAGE 2

Building the case against Syria

The Obama administration mounts a major push to win Congressional support for a military strike PAGE 6

BRIGHT LIGHTS

Shannon Udall, 19, a social work student at Western University, shines some light on her fun side Sunday as Shine Fest took over Victoria Park. Dozens of students helped raise money for Cystic Fibrosis Canada with yoga, a super-sized game of Jenga and other attractions. The event was a new take on the school's annual Shinerama. More photos at metronews.ca. MIKE DONACHIE/METRO

Low-kill or no-kill?

Animal services.
City faces bared teeth as it chooses company to operate shelter

MIKE DONACHIE
mike.donachie@metronews.ca

A low growl has been heard across the city as council gets ready to award a new animal-control contract to a private company.

Animal activists are using social media to plan a Monday-night protest at city hall after it became clear a volunteer-run organization is unlikely to get the job.

Progressive Animal Welfare Services (PAWS), a non-profit network, put in a bid to take over animal services. But city staff are recommending that council stay with current provider Urban Animal Welfare Inc. (UAW) at a cost of about $2.9 million a year.

A report to councillors on the community and protective services committee outlines the reasoning, but a key difference is PAWS was planning a "no-kill" policy for city shelters.

That's "unrealistic" and "extremely challenging," says Dr. Tyrrel de Langley, Western University's director of animal care and veterinary services, who reviewed proposals presented to the city.

"The proposed physical and human resources (of PAWS) will be quickly overwhelmed," he said in a letter to city staff, describing "low-kill" as a more manageable option.

But volunteer David Ennis, who led the PAWS submission to the city, disagrees, saying that cities across North America are moving toward a no-kill policy. Plus, he says, the group's proposal would save taxpayers about $500,000 a year.

"If the animal is healthy and adoptable, then it should be adopted," Ennis said. "You would only euthanize an animal that is in great medical distress or if the animal has severe problems, like a truly vicious dog that has been traumatized by its owners. That's a very small number of animals."

De Langley also questioned the viability of PAWS, saying disagreements between the groups "are highly probable." UAW's "proven track record" makes it a better option.

His concerns about PAWS are echoed in reports from Dr. Cheryl Yuill of the Blue Cross Animal Hospital in Kitchener and Bruce Roney of the Ottawa Humane Society, who also assessed the contract bids.

Animal management

New initiatives being considered by the city:

- **Review of limits on pet ownership:** Current rules are three dogs per home, and two cats per owner.
- **Pet-fostering homes:** This would mean animal limits might be increased just for that home.
- **A fourth off-leash dog park:** And possibly smaller "pocket parks" with the same purpose.
- **Collecting feral cats:** And neutering them and taking them to a countryside "barn-cat program."

THE NUMBERS SPEAK FOR THEMSELVES.

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NEWS 1

Cakes to fight cancer

There were cakes and inspiration on offer Sunday at Riverside Drive and Wonderland Road. Kendra Vasiloff, left, pictured here with her mother, Courtney, and a team of volunteers had a bake sale in aid of Childcan, a charity which helps families of children with cancer. Kendra, 10, a student at Wilfrid Jury Public School, is in remission from brain cancer and decided to help the people who helped her.

MIKE DONACHIE/METRO

Tackling health care on the front lines

Clinic. Southdale Health Zone embeds in community it serves

SCOTT TAYLOR
scott.taylor@metronews.ca

Some medical clinics are a vital part of their community, but London now has one that's literally embedded in the neighbourhood it serves.

The Health Zone Nurse Practitioner-Led Clinic on Southdale Road aims to be a vital thread in one of the city's most diverse areas.

Thanks to provincial funding, the clinic's been able to renovate a townhome in the middle of a large complex near Southdale and Millbank Drive. The work has turned the space into a fully functioning clinic for disadvantaged people who might not otherwise have access to health care.

Dr. Carole Orchard, associate professor and co-ordinator of interprofessional education initiatives at Western University, said it's easy for some people to fall between the cracks.

There are language, economic, transportation and other barriers that make it difficult for some people to find appropriate care, she said.

"This type of model really, holistically, meets the needs of people who live in what we call challenged situations," Orchard said. "We also knew that these people were often being excluded from family practices just because they have a lot of complex needs.

"We look at the environments they've come from and are in and then, beyond that, we want to provide them with comprehensive services."

Those services include social support, counselling, primary care and family education.

The Health Zone partners with Western University to provide undergraduate nursing students with clinical experience.

"We look at health promotion, health prevention, treatment and any rehabilitation pieces that we can provide for them, as well," Orchard said.

Health Zone nurses from all three city clinics — the other two are at Barberry Court and Merrymount Children's Centre on Colborne — also provide weekly clinics at Women's Community House, My Sister's Place and Rotholme Women's and Family Shelter.

Orchard and her team partnered with London and Middlesex Housing Corporation in 2009 to open two clinics funded by a short-term grant from Workforce Ontario.

Despite reducing emergency-room traffic by 50 per cent in nearly a year, the funding dried up and they were forced to close. New funding gave the clinics a second life and they reopened in 2011.

At a glance

- In Ontario, nurses in nurse practitioner-led clinics work collaboratively with a team of health-care providers and support staff, which may include registered nurses, registered practical nurses, registered dietitians, pharmacists and social workers.

Source: Ministry of Health and Long-Term Care

Quoted

"The way this is structured is we focus specifically on the individual."

Dr. Carole Orchard, associate professor and co-ordinator of interprofessional education initiatives at Western University

The Inner Ninja guy? Classified denies promoting rape during Western show

Western student leaders issued an apology Sunday morning for the "actions and commentary" during rapper Classified's O-Week closing concert.

"We feel the performance does not reflect the mission, values and messages of the Orientation Program," the University Students' Council said in a statement. "We apologize to those in attendance who were offended."

Meanwhile, Classified says social media reports indicating he yelled "give it up for rape," during the Saturday night show are inaccurate. The Halifax artist says he has a family and would never make such a comment.

"Explained myself a few times now. If people don't wanna accept my apology or what (happened). Not much more I can do, I know my where I stand," he said Sunday on Twitter. "But yes I did rap about weed. Liquor and partying. I won't apologize for that."

Classified was hired after the student council cancelled Sean Kingston's show on the grounds that the R&B artist was facing a civil lawsuit accusing him of gang rape. METRO

Richmond and Mill

Man pulls gun in parking lot: Cops

Five people were arrested Saturday after police say a man pulled a gun in a parking lot near Richmond and Mill streets before getting in a vehicle.

Police followed the vehicle to Richmond and Kent streets, where one of the men inside got out and started running.

The suspect was taken into custody after a short foot chase. During the arrest, police found a small-calibre handgun and 14 grams of marijuana. METRO

Slight decrease. No 'significant' change in jobless data: StatsCan

The local unemployment rate fell to 8.3 per cent in August, a slight decrease from 8.6 per cent the previous month, according to Statistics Canada.

While it's yet another decline for the London-St. Thomas region, what's really important hasn't changed, a StatsCan analyst said.

"In the London census metropolitan area, there's very little change in the number of people working," Vincent Ferrao said. "There were 246,100 people working in August, compared to 246,000 people in July. That's just 100 more people (with jobs)."

Helping to decrease the unemployment number was the fact that 800 fewer people reported actively searching for work, he added. That could mean their unemployment benefits have simply run out.

"There's nothing really statistically significant in this month's numbers in the London CMA," Ferrao said.

SCOTT TAYLOR/METRO

Where no cars go: Blackfriars residents relish peace and quiet

No pedestrians either, for now. Bridge closure stops traffic, leaves locals happy

MIKE DONACHIE
mike.donachie@metronews.ca

The closure of Blackfriars Bridge is causing a fuss in parts of the city.

But as far as nearby residents are concerned, the historic metal structure can stay closed to traffic, thank you very much.

City councillors will be asked Monday to decide the future of the link between downtown and a neighbourhood west of the core. They have a variety of options to consider, including those that would keep cars off the bridge permanently.

The bridge, built in 1875, has been closed to vehicles for much of 2013. The closure was extended to pedestrians last month when an inspection showed extensive corrosion.

Asked about the closure as she sat outside her house on Wilson Avenue with her two children Sunday, Jessica Lutz said, "I actually quite like it.

"It's good for walking the kids to school in the morning," she said. "It's been nicer not having people speeding through here."

She added: "We kind of like the idea of it being a walking bridge."

Over on Empress Avenue, Mike Ansell agreed.

"I'm totally in favour of it becoming a bike or foot bridge," he said. "I would close it to traffic today. It's just not worth repairing it for traffic."

There has, however, been difficulty getting downtown, said Western student Sean Devouge outside his Argyle Street house.

"It was closed during O Week," he said. "Every time I wanted to go to the bars, I would have to take a cab all the way round."

Showing his blistered foot from a long walk home, he also criticized the boards covering the bridge entrance.

"It's like a zombie movie or something," he said.

He and friend Mitch Bartlett said it should reopen to pedestrians as soon as possible.

"Shutting it to traffic is fine, I guess, but shutting it to pedestrians makes it very difficult," said Bartlett.

Across the street on Argyle, Fred Kicks said he had mixed feelings about the bridge, saying he does use it to get downtown, but its closure would mean "the betterment of the community."

"The bridge has become abused by people going downtown," he said. "They race like crazy to get over it. Cars will try to beat each other."

Kicks suggested a closed bridge could be used for arts events or even as a café.

You shall not pass: The dramatic closure of Blackfriars Bridge is matched by the dramatic sign the city has put up to make sure everybody gets the message.
MIKE DONACHIE/METRO

By the numbers

$76,321 Cost of emergency repairs already done to Blackfriars Bridge.

$260,000 Expected cost of short-term repairs to reopen for pedestrians.

$430,000 Expected cost of short-term repairs to allow vehicle traffic.

$200,000 to $250,000
Cost of environmental assessment and detailed design work.

$1.75M to $2M
Expected cost of long-term rehabilitation to reopen for pedestrians and vehicles.

SOURCE: CITY STAFF REPORT TO COUNCIL COMMITTEE

HIV-positive sex offender moving to London, police warn

Edward Alan Kelly COURTESY LONDON POLICE

A man convicted of multiple aggravated sexual assaults is about to be released from prison, and he intends to make London his home, police say.

Edward Alan Kelly, 39, was diagnosed with HIV in 1997. He was ordered to inform his sexual partners of his condition and banned from having unprotected sexual contact with anyone.

However, in 2003 police investigated an allegation that resulted in Kelly being charged with aggravated sexual assault. Since then, more victims have come forward and Kelly has been convicted of five aggravated sexual assault offences.

Police say he uses Internet dating sites to meet women. He develops an intimate relationship with them without disclosing his condition.

Kelly was scheduled to be released from prison Saturday and has been assessed as being at a moderate to high risk to re-offend.

Because his sentence has been served in full, he cannot be bound to conditions of parole, but police were granted a court order that, among other things, gives them the right to monitor his activities.

While police say he'll be in London, his actual street address will remain undisclosed.

Const. Ken Steeves explained why.

"Edward Kelly has several conditions which allow police to monitor him. We have to do everything we can to ensure the safety of all the members within our community, including convicted offenders," Steeves said. "Releasing their addresses would jeopardize their safety and may also force offenders to go underground, preventing our ability to monitor their compliance of their conditions." SCOTT TAYLOR/METRO

Conditions

The court order that allows police to monitor Edward Alan Kelly also requires he comply with several requirements, including:

- Sticking to an 11 p.m. curfew.
- Notifying police of sexual relationships.
- Informing sexual partners that he has HIV.

Queen's Park. Tanning, car insurance and spending on the agenda

Lower car insurance rates, a new spending watchdog and tighter rules on tanning beds will be the Liberal government's priorities when the legislature's fall session starts Monday.

"We're going to try to come out of the gate running, and the first thing we're going to have is the Financial Accountability Officer legislation,'' government house leader John Milloy said.

Premier Kathleen Wynne made a deal with the New Democrats last spring to get the minority Liberal government's budget passed, and agreed to mandate a 15 per cent cut in auto insurance premiums and appoint an independent Financial Accountability Officer to review government expenditures before the money is spent.

The Progressive Conservatives, meanwhile, served notice they will put forth a second contempt motion Monday related to the Liberals' decisions to cancel gas plants in Oakville and Mississauga, at a cost of at least $585 million.

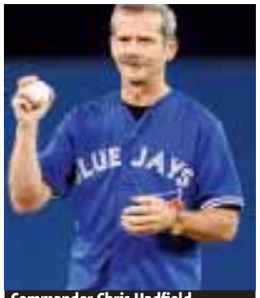
PC house leader Jim Wilson predicts the Liberals may try to trigger a fall election, even though Wynne has said she intends to govern and wants to work with the opposition parties. THE CANADIAN PRESS

Keynote address. Chris Hadfield to help with Ivey Business School launch

Western University's Ivey Business School is bringing in a big name to mark the grand opening of its new building.

Commander Chris Hadfield will be on hand Monday to deliver a keynote address to Ivey students, faculty and guests.

Hadfield will share insights learned during his career, touching on the importance of leadership, teamwork and collaboration. METRO



Commander Chris Hadfield
GETTY IMAGES FILE

London West MPP

Sattler gets new post in NDP ranks

New London West MPP Peggy Sattler has been appointed as the NDP's community safety and correctional services critic.

Sattler, elected during the Aug. 1 byelection, will officially assume her role Monday when the legislature starts its fall session.

She's already speaking out about London's Elgin-Middlesex Detention Centre, saying it "has become one of the most dangerous facilities in Ontario for employees" under the Liberal government.

"… I look forward to working on community policing and support as well as youth violence, among other issues," Sattler said. METRO

In the line of duty

Local firefighters to remember fallen emergency personnel

The London Professional Firefighters' Association will have a service at 10 a.m. Wednesday to remember emergency personnel who have died in the line of duty.

The service falls on the anniversary of the 9/11 terrorism attacks in the U.S.

Firefighters plan to pay tribute to members of the fire service, the military and other branches of emergency services.

Doors will open at 9:30 p.m. The event's at the fire department's headquarters, 400 Horton St. E. METRO

Colourful run for Childreach garners more than 500 participants

A rainbow of colour hovers in the air Saturday at Graham Family Eco Park as people take part in the Colour Fun Run to raise money for Childreach. The five-kilometre run/walk saw more than 500 participants, along with nearly 100 volunteers, get down and dirty for charity. Organized by a fundraising committee comprised of Childreach staff, board members and community representatives, all proceeds went back to the non-profit. Childreach offers parenting-themed outreach programs to vulnerable families. CONTRIBUTED

London wants a loud New Year's Eve

Turning up the volume. Organizers ask for suspension of noise limit during Victoria Park party

MIKE DONACHIE
mike.donachie@metronews.ca

London's getting ready to ring in the new year in a matter of months. But there's a problem.

Celebrations for New Year's Eve have been breaking the rules, and organizers of the city's event in Victoria Park want the rules changed.

Leaders of the Rockin' New Year's Eve Committee, including London West MP Ed Holder, have written to the city asking for a noisy exception.

Every year, the city has its free event in the park. A city bylaw that sets a noise limit on such parties has been broken two years in a row.

That rule breaking comes with a cost. Even though the event has the city as a major sponsor, the city then takes money back through a lost "noise deposit."

"We understand and respect the reasons behind the bylaw," Holder, and fellow committee member Bruce McGuffin, wrote in a letter to council's community and protective services committee, "However, New Year's Eve is a unique annual event where the majority of Londoners are awake until midnight.

Noise rule

- A city bylaw says "amplified concerts" must be no louder than 90 decibels when measured 30 metres from the stage after 9 p.m.
- Each performance is allowed "a maximum of five crescendos" above the limit.

"It is a universally-recognized celebration that is hosted in the off-season and outdoors in a city park.

"Decibel readings beneath the 90 decibel threshold are met for the majority of the event, which demonstrates a commitment to being responsive and respectful of the neighbourhood."

The event includes a concert, children's entertainment and fireworks, with the main display at midnight but a smaller one at 9 p.m. for the kids.

The last event, with music by folk rock band Spirit of the West, attracted a record number of people, officials say.

London police were called to the train crossing near St. George and Piccadilly streets after a Saturday morning crash that left crossings throughout downtown blocked by a stopped freight train. ANGELA MULLINS/METRO

Collision. Train, vehicle crash snarls traffic

A crash between a train and a vehicle near downtown left streets paralyzed Saturday.

Police said an eastbound train was involved in the crash about 8:25 a.m. at the crossing on St. George Street north of Piccadilly. The train and vehicle involved were cleared from the tracks about an hour later.

A police statement said several roads were affected, and the vehicle had a single occupant.

There were no reports of injuries, police said. MIKE DONACHIE/METRO

Look for face tattoo

Warrant issued for wayward robber

A Canada-wide warrant has been issued for a federal inmate police say breached his parole conditions.

Mark McLean, 35, is serving a sentence of three years and 10 months for armed robbery and drug possession for the purpose of trafficking.

Police are asking for help in locating him and say he has been known to travel between Windsor and Toronto.

McLean is described as white, five feet 11 inches tall, about 170 pounds, with a muscular build and shaved brown hair.

Police say he has multiple tattoos, including one between his eyebrows that looks like the letter "S."

THE CANADIAN PRESS

Buckingham on alert

U.K.'s royal police spook the duke

You might forgive Britain's royal protection unit for being a little jittery.

Two days after an intruder was discovered prowling around Buckingham Palace, police confronted Prince Andrew, the second son of Queen Elizabeth II, in the royal residence's garden and demanded he identify himself.

London's Metropolitan Police said in an email Sunday that they had apologized to Andrew, also known as the Duke of York, and the royal responded with a touch of humour.

"I am grateful for their apology and look forward to a safe walk in the garden in the future," he said in a statement.

THE ASSOCIATED PRESS

Pledge to fight on

MPs united over expense scandal

Conservative MPs pledged publicly Sunday not to let the prorogation of the House of Commons put an end to all party efforts to reform the expense account abuses of Parliament.

MPs from the Conservatives, NDP and Liberals were called back briefly on Sunday for what was set to be a closed-door meeting.

But a motion by the NDP to open up the session was unanimously approved, as was the pledge for MPs to continue their work ending the spending shenanigans.

The reason for the sudden display of unity was made clear: MPs from all parties got an earful from angry constituents over the summer over the Senate scandal. THE CANADIAN PRESS

University set to punish two students over pro-rape chant

Saint Mary's. School targets two students for disciplinary hearing, says there may be more

ANDREW RANKIN
Metro in Halifax

Severity

Depending on what comes out of the disciplinary hearing, Saint Mary's University spokesman Steve Proctor said the students could be facing anything from fines to suspension or expulsion.

Halifax's Saint Mary's University is coming down on two of its students for their alleged role in the pro-rape chant that sent shock waves across the country last week — and they might not be the only ones.

University spokesman Steve Proctor said on Sunday that the pair will be facing a disciplinary hearing in the next 10 days after a student came forward with a complaint on Friday.

He also said the investigation could lead to other students being punished.

"If the investigation warrants or something comes out of the hearing that warrants further action, the possibility of further action enhances," said Proctor.

The incident, which was captured on video and led to the resignation of the university's student-union president, Jared Perry, shows a large group of students participating in a chant promoting non-consensual sex with minors.

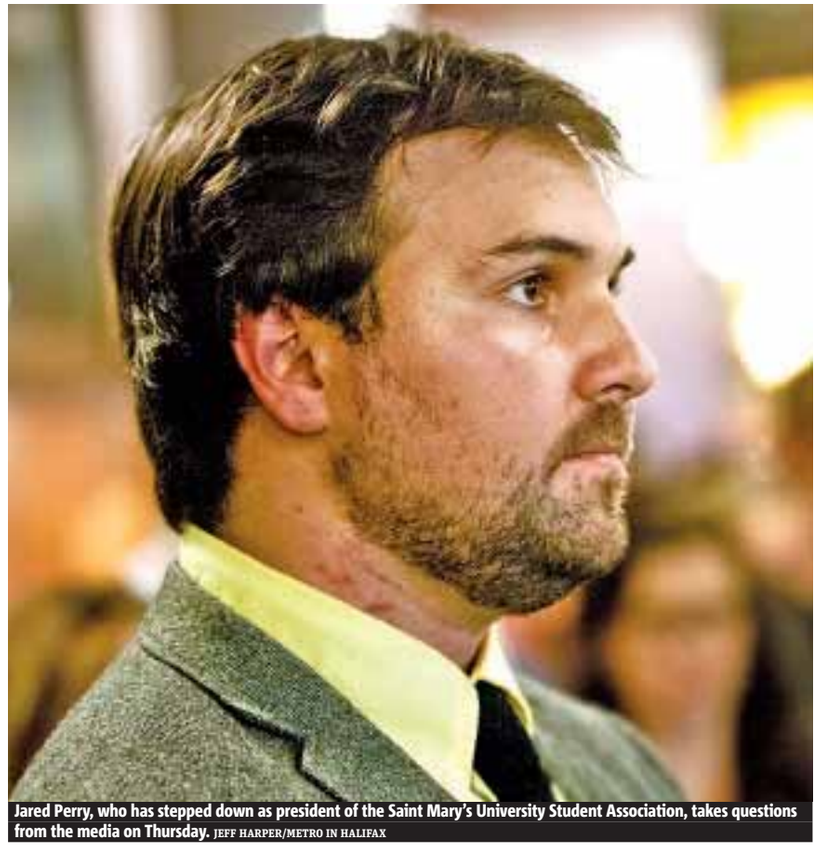
"Y is for your sister … U is for underage, N is for no consent," the mob sings.

A date for the closed-door hearing has not been released. The disciplinary panel will consist of the school's disciplinary officer, a student representative and a student administrator.

The students' identities are not being released as per the university's confidentiality rules.

Perry's resignation on Friday came as a surprise, as he publicly refused step aside on Thursday.

Carrigan Desjardins has also announced she is stepping down from the position of VP Student Life. Desjardins was responsible for the Saint Mary's University Frosh Week Program.



Jared Perry, who has stepped down as president of the Saint Mary's University Student Association, takes questions from the media on Thursday. JEFF HARPER/METRO IN HALIFAX

University of B.C.

Similar act reported at 2nd school

Officials at the University of British Columbia say they will investigate reports that a chant endorsing non-consensual sex was recited during frosh week.

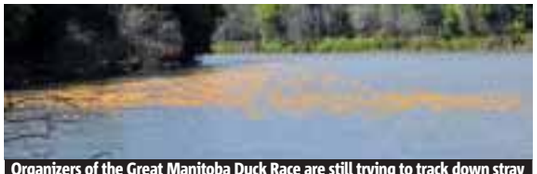
A statement on the university's website says it's alleged the chant was made on one or more buses taking students between events during frosh orientation activities run by the UBC Commerce Undergraduate Society.

Any disciplinary measures will follow the school's policy for non-academic misconduct. The university also says it will take steps to educate students about the harm caused by such behaviour.

"This is of grave concern to all members of the UBC community," the statement said. "Such behaviour would be completely inconsistent with the values of UBC."

THE CANADIAN PRESS

River-chucked rubber ducks buck barrier, run amok



Organizers of the Great Manitoba Duck Race are still trying to track down stray rubber duckies after thousands got loose. COURTESY ASSINIBOINE PARK CONSERVANCY

Organizers of the Great Manitoba Duck Race need help getting their ducks in a row.

More than 13,000 little yellow rubber duckies were released onto the Assiniboine River Saturday as part of a fundraiser for the Assiniboine Park Conservancy (APC), but unfortunately a whole lot of those ducks didn't want to get out of the water once the race was done.

"We had professional-grade oil booms that spanned the width of the river and we had kayakers in there as well, but the current was so strong it pushed some of the ducks over the barrier," explained Laura Curtis of the APC, estimating about 6,500 ducks got loose and continued their leisurely swim down the river.

"It was a windy day … and we didn't have any way of predicting this would happen."

The City of Winnipeg helped the APC collect about 6,000 of the ducks Saturday.

Stuck plucking

6,500

Organizers estimated about 6,500 rubber ducks got loose during the race, with roughly 500 remaining at large Saturday.

SHANE GIBSON/METRO IN WINNIPEG

‘Common sense test’ points directly at Assad: White House

Syria. White House chief of staff makes case for U.S. strikes in Syria; lawmakers to vote on military action this week

U.S. President Barack Obama’s top aide on Sunday pressed the case for “targeted, limited consequential action” to degrade the capabilities of Syrian President Bashar Assad to carry out chemical weapons attacks as the White House mounted a major push to win support from a divided Congress and skeptical American public for a military strike.

Quoted

“This is not a court of law. And intelligence does not work that way.”

Denis McDonough, White House chief of staff, on the irrefutable evidence the Obama administration lacks showing the Syrian government was responsible for chemical attacks on its own people.

White House Chief of Staff Denis McDonough asserted that a “common sense test” dictates that the Syrian government is responsible for a chemical weapons attack that Obama says demands a U.S. response. But he said the Obama administration lacks “irrefutable, beyond-a-reasonable-doubt evidence” that lawmakers who will start voting on military action this week are seeking.

“This is not a court of law. And intelligence does not work that way,” McDonough said, part of a five-network public relations blitz Sunday to build support for limited strikes against Assad.

The U.S., citing intelligence reports, says sarin gas was used in the Aug. 21 attack outside Damascus, and that 1,429 people died, including 426 children.

Obama has scheduled six network interviews on Monday and then a nationally televised speech from the White House on Tuesday, the eve of the first votes in Congress.

THE ASSOCIATED PRESS

In this citizen journalism image, provided by The Syrian Revolution against Bashar Assad, which has been authenticated based on its contents and other Associated Press reporting, a Free Syrian army fighter stands on a damaged military tank in Zabadani, near Damascus, Syria, Sunday.

THE SYRIAN REVOLUTION AGAINST BASHAR ASSAD/THE ASSOCIATED PRESS

NSA won ruling on email searches: Report

Activists protest during a demonstration in Berlin on Saturday. German news weekly Der Spiegel reported Sunday that the U.S. National Security Agency can access users’ data on all major smartphones.

THE ASSOCIATED PRESS

The Obama administration quietly won permission from a surveillance court in 2011 for the National Security Agency to search deliberately for Americans’ communications in its huge databases of intercepted phone calls and emails, according to a published report.

The Washington Post reported Saturday that officials in 2011 got the court to lift the ban on those kinds of searches, which the court imposed in 2008 at the government’s request. The court also extended the length of time the NSA is allowed to retain intercepted communications from five to six years.

The search authority has been used, the Post reported, noting that the permission to search and keep data longer expanded the NSA’s authority in significant ways without public debate or any specific authority from Congress. The newspaper cited interviews with government officials and documents that include a recently released 2011 opinion by U.S. District Judge John D. Bates, then chief judge of the Foreign Intelligence Surveillance Court.

iPhone, BlackBerry, Android

NSA able to access data on smartphones, report says

German news weekly Der Spiegel reports that the U.S. National Security Agency can access users’ data on all major smartphones.

The magazine cites internal documents from the NSA and its British counterpart GCHQ in which the agencies describe setting up dedicated teams to crack protective measures on iPhones, BlackBerry and Android devices.

The court decision allowed the NSA “to query the vast majority” of its communications databases using the email addresses and phone numbers of Americans and legal residents without a warrant, according to Bates’ opinion.

THE ASSOCIATED PRESS

Northern India. Troops deployed to quell clashes between Hindus, Muslims

Hundreds of troops have been deployed to quell deadly riots and clashes between Hindus and Muslims sparked by the killing of three villagers who had objected when a young woman was being harassed in northern India.

Police said 19 people were killed, including an Indian broadcast journalist, a police photographer and several people who on Sunday succumbed to injuries received a day earlier when the two groups set upon each other with guns and knives in Kawal village, in the state of Uttar Pradesh. The violence quickly spread to neighbouring villages in Muzaffarnagar district Saturday night.

The clashes broke out Saturday after thousands of Hindu farmers held a meeting in Kawal to demand justice in the Aug. 27 killing of three men who had spoken out when a woman was being verbally harassed. THE ASSOCIATED PRESS

Bangladesh

Bloggers indicted for allegedly bashing Islam

A court in Bangladesh’s capital indicted four bloggers Sunday for their allegedly inflammatory writings about Islam and its Prophet Muhammad.

Metropolitan Sessions Court Judge Zahurul Haque said he had accepted the charges filed by police in two separate cases, the first to be tried under Bangladesh’s recently amended Information and Communication Technology Act.

The accused — Moshiur Rahman Biplob, Subrata Odhikary Shuvo, Russel Parvez and Asif Mohiuddin — are currently free on bail.

THE ASSOCIATED PRESS

Decision day in Moscow

The incumbent vs. the maverick.
Strong showing could embolden opposition

Moscow is holding its first mayoral election in a decade. Although an incumbent backed by President Vladimir Putin was expected to win Sunday's election handily, the candidacy of charismatic opposition leader Alexei Navalny is changing Russian politics in ways that could pose a risk for the Kremlin in the months and years ahead.

If Navalny could get more than 20 per cent of the vote or even come close to forcing incumbent Sergei Sobyanin into a run-off, it could embolden the opposition in its efforts to one day drive Putin from power.

A vote seen as unfair could trigger protests, just as reports of widespread fraud in a national parliamentary election in 2011 set off the unprecedented protests against Putin's rule.

Navalny had built an online following through his anti-corruption blog, but it was these protests that cemented his status as de facto leader of the opposition, as he led street marches that attracted tens of thousands of people from across the political spectrum.

During the mayoral race, he introduced grassroots politics to the Russian capital, inspiring thousands of enthusiastic volunteers to join his campaign.

Sunday's election was the first since 2003.

THE ASSOCIATED PRESS

Russian opposition leader Alexei Navalny, with his wife and kids, leave a polling station in Moscow's mayoral election Sunday.
IVAN SEKRETAREV/THE ASSOCIATED PRESS

Guyana

Judge rules cross-dressing (mostly) not a crime

A judge in Guyana has ruled that cross-dressing is a criminal offence only if done for an "improper purpose" like prostitution. The law has banned males from wearing female attire and vice versa in public or for improper purposes. The justice ruled that people can't be found in violation if they are dressing "for the purpose of expressing or accentuating his or her personal sexual orientation in public."

THE ASSOCIATED PRESS

Bali

Miss World opens after protests by hardliners

The Miss World pageant opened Sunday after protests by Muslim hardliners confined the event to Indonesia's predominantly Hindu resort island of Bali.

The opening ceremony featured Bali's Kecak Dance and a parade of all 131 contestants. Controversy over the pageant has been mounting in Indonesia, which has a reputation as a tolerant, pluralist society.

THE ASSOCIATED PRESS

Italy. Berlusconi turns to human rights court

Former Premier Silvio Berlusconi is turning to Europe's human rights court in a bid to avoid a ban on public office and other punishments for his tax fraud conviction, the media mogul's aides said Sunday.

The politician and media magnate was found guilty of artificially inflating the amounts paid for film rights by his Mediaset empire to reduce its tax liabilities. Berlusconi claims he is an innocent victim of magistrates who sympathize with the left, but the verdict was upheld by Italy's top criminal court last month.

His top aide, Angelino Alfano, said the petition to the France-based tribunal shows the case "isn't closed."

Alfano didn't say on what grounds the petition was filed. But, "we are really confident, that at the European level, we can reach a finding of innocence that so far in Italy hasn't been possible," he said.

Italy's Court of Cassation confirmed a four-year prison term — though Berlusconi is unlikely to actually serve it — and also ordered a Milan appeals court to determine the length of a ban on serving in public office from one to three years. THE ASSOCIATED PRESS

Italy's former PM Silvio Berlusconi speaks with supporters in front of his home on July 1 in Milan. PIER MARCO TACCA/GETTY IMAGES

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Bitcoin ATMs are coming to Canada

Digital currency. Kiosks will make buying and selling Bitcoins easier

The first time Ryan Johnson bought Bitcoins — an emerging digital currency that isn't controlled by any authority such as a central bank — was with a pocket full of cash from a stranger he had met online.

"It was almost like a sketchy drug deal," recalls the 31-year-old Vancouver resident.

Since that first transaction in January, Johnson has been exchanging his Canadian cash for digital currency at Bitcoiniacs, a physical store in Vancouver that acts like a Bitcoin broker.

"It's just much more comfortable to go sit down in an office at a brick-and-mortar building with a professional that knows a lot about Bitcoins, do a professional transaction and get a receipt for it," says Johnson. "It's reassuring."

Soon, Johnson and other Canadian Bitcoin enthusiasts will be able to exchange Canadian cash for the digital currency through a kiosk that's similar to an ATM.

Bitcoiniacs says it has ordered five Bitcoin kiosks from a Las Vegas-based company called RoboCoin and intends to roll them out across Canada in the coming months, with the first machine expected to land in Vancouver in early October.

Four more kiosks will arrive in December and although their locations are not yet certain, Bitcoiniacs says it's eyeing major Canadian cities such as Toronto, Montreal, Calgary and Ottawa.

"Basically, it just makes it easier for people to buy and sell Bitcoins and hopefully will drive the adoption of Bitcoin, and make it more accessible for people," says Mitchell Demeter, the 27-year-old owner of Bitcoiniacs.

THE CANADIAN PRESS

Quoted

"Our goal is to make Bitcoin truly grandma-friendly."

Jordan Kelley, CEO of RoboCoin, which makes the Bitcoin kiosks

Bitcoin kiosks made by RoboCoin will arrive in major Canadian cities starting this fall. COURTESY ROBOCOIN

Sky-high strike comes to an end

The world's largest radio telescope will resume operations Monday after workers ended a 17-day strike. The observatory, pictured above, is known as the Atacama Large Millimeter/Submillimeter Array and is located on a remote plateau above Chile's Atacama desert. It searches for clues about the dawn of the cosmos — from the coldest gases and dust where galaxies are formed to the energy produced by the Big Bang — and is jointly funded by the U.S., Canada, Japan and Europe. Chilean observatory staff reached an agreement with Associated Universities Inc. that includes reduced hours and a bonus for high-altitude work. THE ASSOCIATED PRESS FILE

Canadian gold mine kicks up controversy in Romania

Thousands of Romanians demonstrated on Sunday both for and against a planned Canadian gold mine that would use cyanide in the extraction process. The project would create the biggest gold mine in Europe, razing four mountains to make way for an open pit mine.

Supporters say the mine would bring vital jobs and investment to a deprived area in northwest Romania. But opponents say it will present an environmental risk.

In the Romanian capital, thousands of people protesting against the mine shouted "Save Rosia Montana," referring to the town where it would be located and where gold has been mined for more than 2,000 years.

The anti-mine protesters in Bucharest's University Square urged lawmakers not to pass legislation that would approve the mine as a "special national interest" creating foreign investment and jobs in the deprived area. They later blocked a main road in the city.

THE ASSOCIATED PRESS

Protesters in Bucharest, Romania, demonstrate on Sunday against a proposed Canadian gold mine. THE ASSOCIATED PRESS

Hush money

Chinese police detain 16 after firms blackmailed

Chinese police have arrested 16 people accused of blackmailing companies by pretending to be Communist Party or government officials and threatening to post damaging information about them online, a state news agency reported Sunday.

The four groups were accused of operating 11 websites that said falsely that they were run by the ruling Communist Party or government, according to the Xinhua News Agency. It said they were involved in more than 120 cases and collected a total of more than three million yuan (about $500,000).

THE ASSOCIATED PRESS

Retail. Stores struggle to figure out boomers

Baby boomers are becoming an increasingly important market for retailers, and one that can become highly profitable if stores and manufacturers can figure out the right way to target their products to an increasingly discerning group.

"Retailers need to get much better at understanding the specific needs of this very valuable segment of consumers and they have to work out the different ways they can help satisfy these needs," said Graeme McVie, vice-president of business development at U.S.-based marketing strategy and research firm LoyaltyOne.

"Tailoring the shopping and the products that are in the store to cater to this group is actually a really good idea because there's a huge number of them and they're actually willing to make trade-offs when it comes to value to get health benefits."

Many baby boomers who have become empty nesters or retired have the disposable income to spend and they're willing to spend it on themselves, especially when it comes to buying healthier food and high-quality beauty products, McVie said. THE CANADIAN PRESS

How the other half lives

- Susan Eng, vice-president for advocacy at CARP Canada, agrees there are high-spenders in the boomer demographic, but says many seniors are also struggling and shouldn't be forgotten.
- A sluggish economy, boomerang kids who won't move out, aging parents, a lack of savings and medical challenges are all weighing on boomers, who are ending up with high debt levels, more working years, and the threat of bankruptcy.

A customer shops for produce at a Whole Foods Market in San Francisco. Retailers need to get better at understanding what boomers want in terms of products and shopping experience, observers say. GETTY IMAGES FILE

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OTHER TECHNIQUES BEFORE TASERS

URBAN COMPASS

Todd Devlin
london@metronews.ca

Ontario's new stun-gun policy could soon result in more London police officers being equipped with Tasers. That's no small detail, and there is question as to what the impact will be on the community.

London police Chief Brad Duncan told Metro he supports the new provincial policy, which allows all frontline officers to carry "conducted energy weapons," commonly known as Tasers. Previously, they were restricted to supervisors and specialists.

Many believe the move was in reaction to the tragic death of Sammy Yatim, an 18-year-old Toronto resident who was shot eight times while alone on a streetcar. (He had a knife and was not complying with police orders.) It has been argued that the use of a Taser could have prevented Yatim's death.

The province denies the link, and Duncan said the policy is something Ontario's police brass have been wrestling with for some time. He believes the move will be beneficial.

"Two U.S. studies over the past five years have demonstrated a 70 per cent reduction in injury to civilians and police when (stun guns) are deployed," Duncan said. "I think that's important."

It certainly is. But I'm not sure that's a definitive finding. A 2012 Michigan State University study, for instance, found that while stun-gun use resulted in fewer injuries to police officers, there was a marked increase in injuries to citizens (when compared to apprehensions without the use of a stun gun).

The name Jaz Bennett should ring a bell to Londoners. He was the teen Tasered in downtown London two years ago.

Bennett was in a physical altercation with another high-school student when an officer shot him with a stun gun in the ear and chest.

Was the Taser necessary? Many people — both bystanders and those who watched the incident on YouTube — didn't think so and said it was fired without warning.

Therein lies a potential problem. Will more Tasers create situations where they're used when not warranted?

It's a reasonable question, and it's one no doubt being asked by the family of an 80-year-old Mississauga woman who was Tasered by Peel Regional Police a mere 24 hours after Ontario's new policy was announced. The woman fell to the ground and fractured her hip.

Let's make no mistake: Stun guns are not harmless weapons.

More than 540 people in the U.S. have died after being shocked by a police Taser since 2001, according to Amnesty International.

That's what makes the findings of a South Carolina University study so disturbing. Researchers found excessive use of the Taser and the potential for abuse by officers. It's been dubbed the "lazy cop syndrome," and if London decides to arm more officers with stun guns, avoiding it will be vital.

Training should stress the importance of using verbal de-escalation techniques. The Taser, after all, should be considered as a second-to-last resort.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Squeak my ride: Skater mice

TIM MARSDEN/REX FEATURES

Stunt mice learn new tricks

Daring, athletic, and super cool — this mouse is from an elite sports training camp in Australia, run by coach Shane Willmott. The instructor had previously taught his furry students to surf, but for winter has switched them to a rodent-only skate park where they practise on ramps and even a wheel of fire. METRO

Talking to a trainer

"Mice are built to surf and skate because their centre of gravity is so low. When they do fall off, they want to get straight back on board."

Shane Willmott, 42, rodent coach

Other tails of talent

- **Jumpy.** A collie in a YouTube smash can skate, surf, dive and perform handstands.
- **Moscow cat theatre.** The only one in the world, with its performers known for tightrope skills.

Worth Mentioning

Kijiji pressed to end sales of household pets

A Yorkie rescued from a puppy mill is shown in Dania Beach, Fla. THE ASSOCIATED PRESS

Canada's largest classified website is under pressure to ban the sale of household pets as part of a Montreal woman's quest to put an end to puppy mills.

Barbara Lapointe, a mother who operates a dog-walking business, wants Kijiji instead to promote adoption from registered animal rescue groups and individual families.

Lapointe's online petition, posted on the website Change.org, had collected nearly 48,000 signatures by midday on Sunday.

Lapointe is also trying to get her local municipality, the Town of Mount Royal, Que., to ban the sale of animals in pet stores. She said cracking down on pet stores would eliminate a major marketplace for puppy mills, but even then illegal breeders would "still be able to resort to online sales."

Kijiji Canada has no plans to change its policy.

THE CANADIAN PRESS

Twitter

@metropicks asked: Kijiji is being pressured to end sales of household pets. Should online pet sales be banned?

@readstooswift: Yes, because there's no way to track the credibility of those selling pets online.

@MyBoyMaple: No way! See my profile pic? My dog is named Dominoe. Got him off Kijiji. Love this lil guy. Kijiji should keep on.

@Barbara___: my dog was bought on Kijiji, couldn't ask for a better pet!

@variableYY: Must the Man control every part of our lives? Leave online trading alone!

@KikuAnne: No, because then people who need to find a new home for pets can't find their audience. Ban the mills, not the method of sale.

@LorissaDowdell: no way. Rescue animals are posted on there. They need loving homes too

@georgeleonBC: The control should be with purchaser. See any issues, walk away and report to SPCA

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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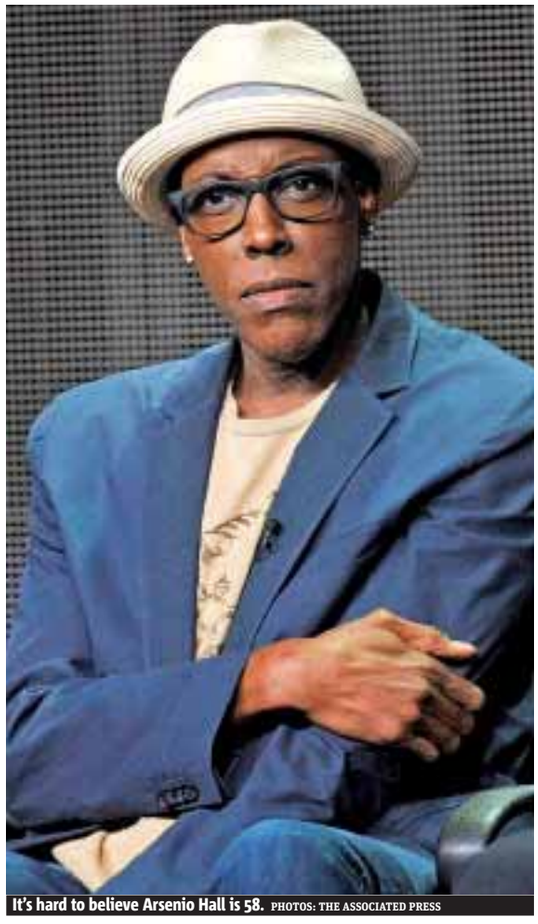
Arsenio Hall ready to have a ball

Return to late night. Host who ruled the early '90s is back and ready to pursue his dream in a modern, crowded field of shows



It's hard to believe Arsenio Hall is 58. PHOTOS: THE ASSOCIATED PRESS

Hall, with Bill Clinton playing the saxophone, back in the '90s.

Did fate decree that Arsenio Hall would return to late night after two decades' absence?

If so, he's answering that comeback call today with the premiere of The Arsenio Hall Show (syndicated; check local listings for time and channel).

And he's itching to get going.

"You know how certain things make you nervous?" he asked recently. "I don't like to fly, but once I'm on the plane and we're over the Rockies and I'm watching a movie, I'm fine.

"Right now I feel like I do when I'm in the airport."

It was in 1987 that a then-unknown Hall, briefly stepping in for Joan Rivers' short-lived Fox talk show, took flight as the cool, hip alternative to NBC's Tonight Show titan Johnny Carson.

Then, in January 1989, he debuted with his own syndicated late-night show against Carson.

He proved a formidable rival with his party atmosphere (the Dog Pound audience greeted him with "woofs" and other animal sounds as well as applause) and a wide range of guests, including presidential candidate Bill Clinton (sporting shades and wailing Heartbreak Hotel on his sax) and basketball great Magic Johnson shortly after announcing he was HIV positive.

But by 1994, Hall was facing new competition from Tonight host Jay Leno and David Letterman on CBS. With ratings slipping, he announced he was leaving the late-night arena, and, gracefully, he did.

In the years that followed, he kept a low profile. A sitcom came and went.

He hosted Star Search for a season. He co-starred on the CBS drama Martial Law for a couple of years. He did standup.

He also devoted himself to his son, Arsenio Jr., now 13, whose mother is Hall's ex, former manager and down-the-street neighbour Cheryl Bonacci.

"I love being a dad," he said. "When kids got together at Chuck E. Cheese, there were a lot of mothers — and me."

But Hall yearned to return to late night. In June 2012 he announced it was happening.

"People say, 'How did you know when to do it?' Several times before I had tried!"

False starts included a meeting with studio bigwigs he skipped because his son was sick. Or the nail in a piece of sushi that broke his tooth the night before an all-important guest-hosting gig.

"Signs like that," Hall said, "seemed to mean I wasn't ready yet."

Now he's sure he's ready, whatever skeptics may say.

"I hear all the long-shot talk: 'This is an impossible thing to do after all this time. The field is so crowded.' But I still have to pursue my dream!" THE ASSOCIATED PRESS

What's in a name?

As part of his strategy to reintroduce himself, Hall became a contestant on The Celebrity Apprentice early in 2012 — and ended up not only gaining the exposure he sought, but also winning the competition. Even so, do enough viewers know who he is — or remember him — to get his new show off the ground?

"When people ask that, I'm like, 'Well, NO ONE knew me the FIRST time!' I used to joke that people thought Arsenio Hall was a dorm at UCLA. So don't I have a better shot THIS time?" he asked.

What women want: According to Bethenny

Bethenny Frankel is used to putting her life on display. She's practically spent the last five years in front of the camera thanks to back-to-back-to-back reality shows Bethenny Ever After, Bethenny Getting Married and Real Housewives of New York City, not to mention The Apprentice: Martha Stewart several years before that.

Her next TV venture is simply titled Bethenny, and although the daytime talk show puts the outspoken entrepreneur back in the spotlight, Frankel says she's intent on making sure the series is not about her.

"This talk show is an evolution of a relationship between me and women that has started from the Apprentice to going through the struggles I had as a single woman on the Housewives and then doing my own show," Frankel said during a promotional stop in Toronto in June.

"It's not that I do it for the sake of doing it and this show isn't really about me. It's about women and if there's something that I'm going through that women are going through then we will all talk about it together."

And there's been plenty of talk over the way Frankel has lived her life in recent months.

The tabloid magnet has kept the headlines coming with supposed behind-the-scenes drama on her new show, her divorce and custody battle with estranged husband Jason Hoppy and non-stop speculation over the nature of her relationship with billionaire Warren Lichtenstein.

Rather than turn people off, the constant media scrutiny has cemented her fan base, suggests Frankel, arguing that people feel like they know who she is, and consider her a pal.

"I'm fortunate that I've had a reality show where people have seen my life and have been in my home, so hopefully they trust me and they know that this is who I am on camera, off camera, this is just who I am."

Frankel previewed her chat show last year with a test run on Fox in the United States and E! in Canada. Backed by Ellen DeGeneres, the series offered a light-hearted mix of celebrity interviews, fashion advice and frank girl talk.

Bethenny debuts today on CTV.

THE CANADIAN PRESS

Bethenny Frankel will now host her own talk show.

THE CANADIAN PRESS

When the moustache rules all

Nick Offerman.
Multi-talented everyman talks his new book and famous facial hair

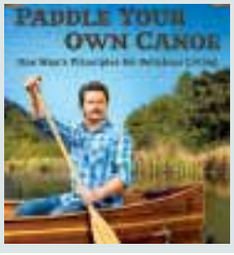
LISA WEIDENFELD
Metro World News in New York

Nick Offerman may be best known for playing the stone-faced, government-hating Ron Swanson on NBC's Parks and Recreation, but he's also an accomplished comedian and stage actor (not to mention woodworker). He's currently on tour with his wife Megan Mullally, and her band, but took some time off to talk to Metro about his show, his new book and his most famous co-star — his 'stache.

New book

Who would you say is the ideal audience for your upcoming book, Paddle Your Own Canoe?

- **I guess human beings.** I think men will really enjoy the book from the point of view of a jackass man like myself.



What can people expect when they come to see you?
Some cautionary tales. There's a lot of gum-flapping. Some mediocre songs. Some woodworking tips. And some minor nudity.

Minor nudity! Sounds like an exciting show.
Well, you gotta get asses in the seats.

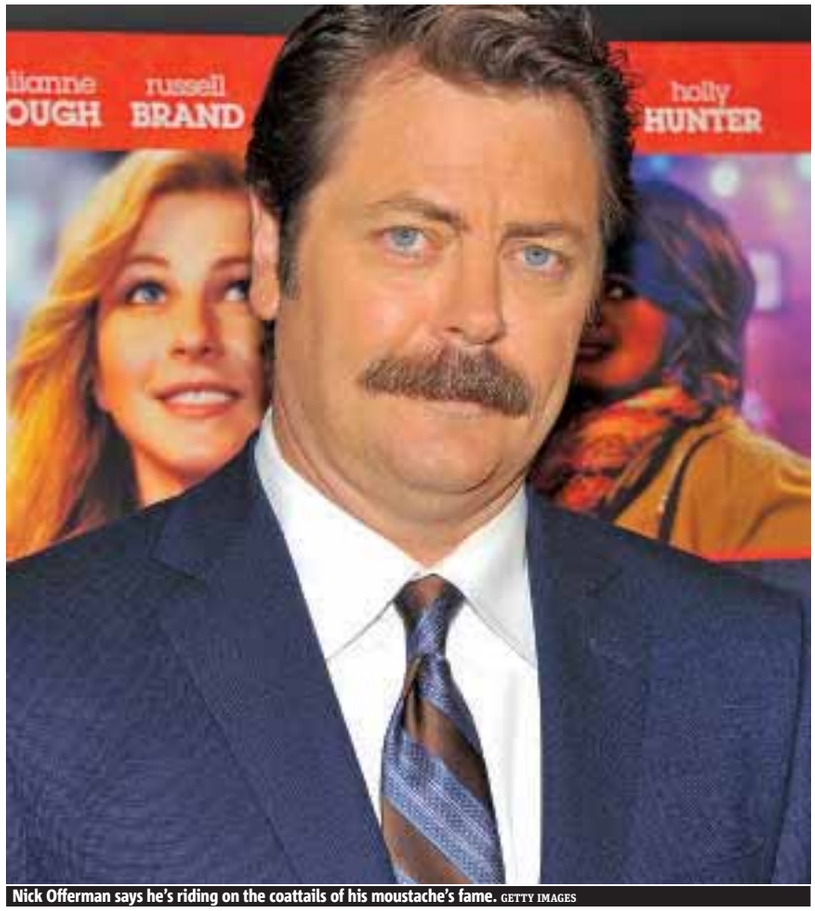
Do you perform with Megan's band at all?
They open with a handful of songs and then I do my bit and then, just when I'm losing the audience and people are beginning to nod off or finger their parking stubs longingly, the band comes out and we wrap the evening up with a couple songs together.

In almost every interview a question comes up about your moustache. Why is the American public so fascinated by it?
It's inexplicable. I am lucky enough to be literally riding the coattails of my moustache and I have the good sense to keep my mouth shut and stand behind it, try to look polite.

Let the moustache do the talking?
Yeah. Soon after Parks and Rec came on the air, my moustache was signed by CAA and there's a whole set of rules.

I'm not allowed to make eye contact with it and it doesn't return my calls. I have to get hold of its representation if I want to talk about trimming or any sort of grooming.

Do you think it's been ruined by fame or is it the same moustache it always was?
That's a very good question, but I can't really speak to it right now, if you get my drift. There's someone in the car with me that might want to follow up.



Nick Offerman says he's riding on the coattails of his moustache's fame. GETTY IMAGES

Is the canoe on the cover of the book one you crafted?
It is, yeah. That's my first canoe and her name is Huckleberry and she has treated me very well.

As Parks and Rec heads into its sixth season, how do you keep Ron Swanson fresh?
Well, to be honest, I'm such a lucky bastard that I don't have to try very hard because I have a team of brilliant writers who keep Ron fresh.

They go above and beyond … and provide us with new stories and new avenues to pursue so that the audience doesn't get sick of the same old personality traits.

I just mold my face into a constipated rictus and do my best to deliver the dialogue.

Review

Who: Rizzle Kicks

Where: iTunes Festival

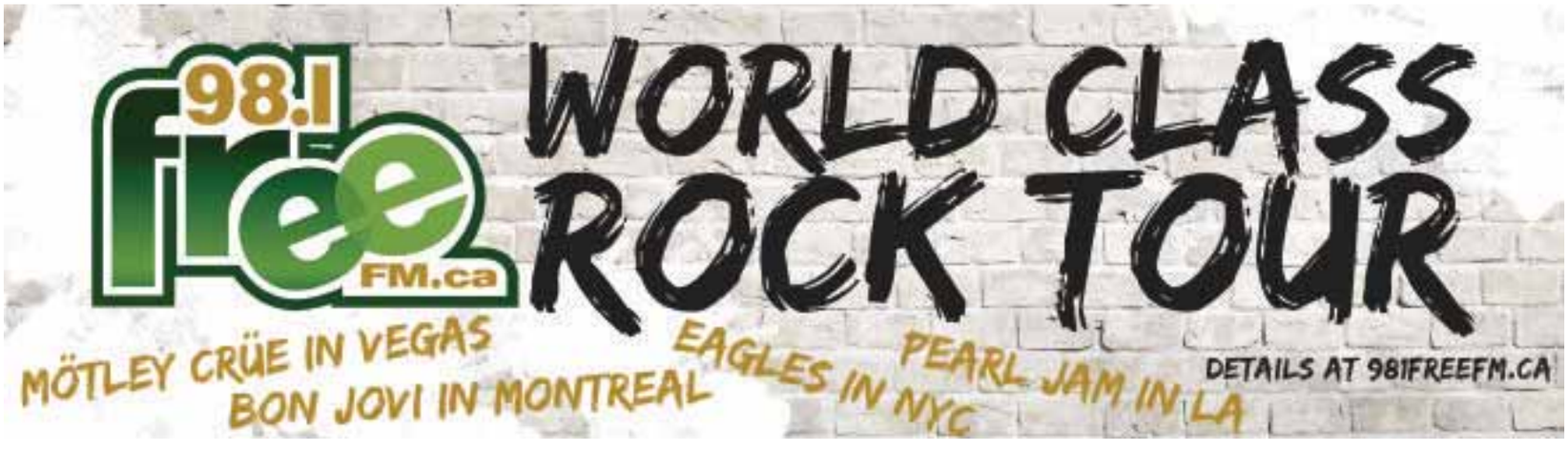
When: Friday, Sept. 6

With cusses borrowed from Cockney rhyming like "We don't give a Daffy Duck," you can be sure you are not listening to the most bad-assed hip-hop when taking in Rizzle Kicks' iTunes Festival performance. Nor does the Brighton U.K. duo have the illest lyrics: "Hashtag trends/we make people clap clap clap." They started off weak, encouraging the audience to, "Jive jive jive," but it was almost like they couldn't quite believe their own commands and the whole thing fell flat.

Things picked up once they got to the ska-influenced Wind Up, with its repeated build ups and break downs creating a level of excitement in the crowd that was palpable, even from this reviewer's seat (which would be at my desk. In Toronto. On my computer.) The best part was the finale when they busted out the big brass for Down with the Trumpets. Overall they showed themselves to be a couple of affable lads, even if the whole thing did feel a bit like a commercial for Hip-Hop Lite.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA



Liam Hemsworth. ALL PHOTOS GETTY IMAGES

They won't be twerking down the aisle

All the attention Miley Cyrus has gotten for her steamy MTV Video Music Awards performance with Robin Thicke has apparently distracted onlookers from the fact that her engagement to Liam Hemsworth is pretty much over, according to Us Weekly.

The Australian actor is, "Just weeks away from calling it off permanently," a source says. "He is over her and wants to make a clean break. No more back and forth."

Certainly the VMAs performance didn't help matters, as Hemsworth reportedly found Cyrus' dance moves "mortifying."

Victoria Beckham

No bike for Becks

Victoria Beckham is the victim of bicycle theft. The designer and singer posted a photo to Twitter of the remaining wheel and lock for her bike in New York City.

"So I won't be riding home tonight then," she wrote along with the photo. "Searching for the missing bike!"

That's harsh.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who gave this kid a Kar(dashian)? And a mea culpa from us

THE WORD
Alexandra Cavallo
scene@metronews.ca

I was going to write something about how sick I am of the Kardashians' absurdly public exploits, but then I remembered that if those bozos stopped fighting publicly/having huge butts/marrying athletes and rappers/etc., I'd have a much harder time finding things to write about for this column.

And since I'm writing this particular column on a Sunday, with last night's cocktails still sloshing around in my bloodstream, I was pleased that Kendall Jenner did not disappoint this weekend.

Kendall was apparently taking video selfies of herself while driving on Friday. How do we know this? The little brainiac posted these videos of herself to the Internet. The vids show Kendall making duck faces that she definitely thinks are adorable and sexy eyes (that were definitely not focused anywhere near the road) which is the place that eyes (sexy or otherwise) should be focused when one is operating a motor vehicle.

Please take a nice long minute to consider the fact that a 16-year-old girl had a $110,000 car and you're probably reading this with your face in some guy's sweaty armpit on a bus on your way to a job that doesn't involve being famous for a living.

Editor's note: apparently we do not keep up with the Kardashians quite as well as we think we do.

In Friday's Word, we mistakenly wrote that Lamar Odom is married to Kourtney. He is married to Khloe. Though maybe not for long.

Zach Galifianakis

Galifianakis going to be a father

You Are Here star Zach Galifianakis was a no-show at the film's Toronto International Film Festival premiere this weekend, but he had a very good reason for not attending.

Galifianakis rushed back to New York to join wife Quinn Lundberg, who had gone into labour with the couple's first child, You Are Here director Matthew Weiner confirms to E! News.

"We literally found out on Friday," Weiner says. "Zach is going to be the best dad in the world."

Twitter

@TomArnold
I don't want to hurt LA's feelings but I could totally see myself falling in love with this town #Toronto

@RealMichelleT
Am I the only person who uses 'Anyhoo' as an amusing transitional word in a conversation?

@JimCarrey
We r seedlings being formed by our choices on greenhouse earth 2 be replanted,when mature,in the astral plane.How do I know?I don't.Haha

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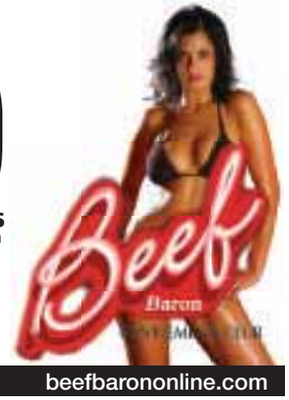


Former Superman comes to current Batman's defence

Ben Affleck's casting as Batman in the Man of Steel sequel has caused more than its share of controversy, but at least one actor who used to play Superman thinks it's overblown

"It's great," former Smallville star Tom Welling told reporters at the Toronto International Film Festival.

"He's a tremendous actor, he's a wonderful director and I wish him the best. It's hard to criticize things before they even happen. I know they'll endeavor to make the best film they can."

Ben Affleck

Artwork

What to do with mini Picasso's handy work

I have three kids, which basically means I have collected three million pieces of artwork over the years, ranging from the dioramas to a piece of scrap paper with a purple line across it.

To keep some order in my home, and avoid an artwork tsunami, I ask my children to pick a few really special projects — which go in a box — and then I photograph the rest. At the end of each school year, I create a simple photo book of the photos of all of the artwork.

No messy clutter. No mom guilt. **ALI MARTELL OF YUMMYMUMMYCLUB.CA**

Getting rid of their masterpieces can be difficult. ISTOCK

Eczema

Simple solution

Bathing in warm water dries out a kid's skin and makes eczema worse. Babies and kids don't need to be bathed daily, so there's no medical reason to do this. This is good news for moms: one less task in the bedtime routine. **DR. KIM FOSTER OF YUMMYMUMMYCLUB.CA**

Exclusively online

Taking your toddler to the zoo: Read more Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores on Sept. 10.

Here comes the airplane ... or not

Parents should learn what they can and can't control when it comes to feeding their toddler. ISTOCK

Tips. Kids need structure but they also need to feel like they have some control. Find a balance.

SARA REMMER, RD
Metro World News

When it comes to meal and snack times, it's important that parents take responsibility for the what, when and where of feeding. However, it's equally important that we let our toddlers and young children be responsible for the whether and how much of eating.

This is the cornerstone of Ellyn Satter's (author of The Division of Responsibility of Feeding, Registered Dietitian and Mental Health Specialist) philosophy when it comes to feeding toddlers.

The what

You get to decide what your toddler eats. Ideally, you should provide a variety of foods for nutritional balance with different colours, flavours and textures. At family meals, your toddlers should be served the same foods that the rest of the family is eating (unless of course, they have a severe food allergy or intolerance). In other words, even if your toddlers are picky eaters, they should not receive a special meal.

Also, when they are old enough, try to include them in meal preparation, which helps them become more open to trying new foods.

The when

There should be structured meal and snack times on most days so that your toddler knows when to expect another chance to eat. Because toddlers have small tummies, ideally they should be offered food every three hours or so. This likely translates into three meals with snacks in between and, depending on bed time, before bed. This timing structure will help your toddler eat until he or she is comfortably full and develops a healthy appetite.

The where

When you are at home, meals and snacks should be eaten at a designated eating area, free from distractions. When children eat in front of a screen, they aren't focusing on their food or their inner hunger/fullness cues. Establish one or two places (preferably at a table) where everyone in the family eats. This will encourage more family meals and also provide more structure for your toddler.

The whether and how much

It is completely up to your children whether they eat what you've served and how much. I know this is really hard for parents, especially after we've spent time making a healthy, tasty meal or snack. But we need to take a step back and ensure there's no pressure, no forcing and no bribing.

We should also allow them to eat at their own pace, without pressure to "eat faster" or "keep up" with the rest of the family unless, of course, they're taking hours on end to finish a meal.

The good thing is toddlers and young kids will not let themselves starve. They are very intuitive when it comes to eating. If they don't eat much at one meal or snack, they'll make up for it in future meals or snacks or even days afterward.

We have to respect their hunger and fullness cues, because they certainly do.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD

Fight off mommy guilt with an uppercut

As a mother, I've become an amazing boxer. In fact, all mothers are naturally gifted boxers.

The problem is that the only ones we're beating up are ourselves. We need to stop. I need to stop. I am hanging up the proverbial gloves.

I'm a bad mother because my child didn't eat her breakfast. I cooked her eggs the way she likes and I cut up fruit in appealing bite sizes. I poured her a glass of milk in her pink princess cup and placed everything in her favourite dish. I'm a great mom but my child might just not be hungry and that's OK.

I'm a bad mother because my child watched TV today. We painted in the morning. We had a dance party in the afternoon. We read books together before her nap. We went to the playground after her nap. But now, I need to get dinner on the table. I'm a great mom who is using some diversion tactics and that's OK.

I'm a bad mother because I didn't take my child to see The Wiggles. We spend every weekend going on at least one excursion as a family, big or small. My child has been to museums, water parks, libraries, amusement parks, fairs, sporting events, carnivals, picnics and so much more. I'm a great mom who is forgoing the Wiggles and that's OK.

I'm a bad mother because my child just had a terrible tantrum at the grocery store. I love my child but I also discipline my child when necessary. We do age-appropriate time outs. I have taught her good manners and how to say please and thank you. She has been taught that actions have consequences. I'm a great mom who encourages her child to use words instead of whining or crying but it doesn't always work and that's OK.

I'm a bad mother because I can't stop worrying. I let my daughter run and jump and skip and roll down the hill but it scares me to death. Every fall makes my heart stop. Every bruise and scrape and scratch that is part of childhood brings me grief. Every symptom is a new search on Google. I'm a great mom who is more often than not a nervous mess and that's OK.

It's all OK.

I may stumble and make mistakes, but that's OK. I'm a mother but I'm human, too. I'm trying my best and that's really all I can do.

My children know giggles and laughter and joy. They know hugs and kisses and cuddles.

They know love. And that's more than OK with me. **GURPREET RANDEV OF YUMMYMUMMYCLUB.CA**

Literature to chill out your children

Rest and repeat.
New book combines illustrations, routine and nature to help children learn the value of restfulness

ALISON BOWEN
Metro World News

Being a kid can be hard: Teach them how to unwind and chill out. ISTOCK

Sometimes being a kid is tough. Even though someone is feeding you, clothing you and even carrying you around part of the time, a lot of worries can take over a little one's mind.

Thursday is National Relaxation Day, so we wanted to know how to help kids relax.

Lisa Hemmings, a massage therapist who teaches Chill Skills for Kids classes, and counsellor Allan O'Keefe hope to help with their new children's book. Imagine Me with the Three Owls encourages tots to bat away stress by using their imagination. With peaceful illustrations of nature, the book walks parents and children through relaxation techniques.

Hemmings and O'Keefe provided Metro with some tips on how to help kids relax:

Simple belly breathing exercise
An easy way to relax our mind and body is to slow our breathing down to a steady rate. Start by asking your children to take some deep slow breaths. Continue until they settle. Then, ask them to put their hands on their belly. When they breathe in, they can feel their belly rise, and when they breathe out they can feel their belly drop. Keep doing this until they feel more relaxed and settled. This can be very useful for anxiety or panic attacks or just simply to wind down.

Chill out the body
Relaxing the muscles in our body from our toes to the top of our head is a great activity to help children relax or to help them with sleep. Find a quiet space. Start by sitting or lying down. Ask your child to close their eyes and relax the part of the body as you say it. Read from Imagine Me with the Three Owls in a slow, steady voice.

Imagine a special place
Children often have great imaginations. Help them to use imagination to create in their minds a special place, such as a beautiful garden, forest or sunset where they can go anytime.

Tell them to imagine they are watching the sun setting over the mountains. Then, for fun, ask them to share what they imagined or draw it.

Encourage expressing feelings
When children feel worried, they can feel alone, and if they can't share it with someone, it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, which helps them feel safe to talk about things. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing it, or use colours to describe how they feel.

Positive self talk

Affirmations. What we think influences how we feel and act. Positive thoughts can help children feel better about themselves so they can be calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some affirmations — positive words that remind us of how we want to think, feel or act. Some examples include thinking, "I am calm," or "I am confident." Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.

It's peanut butter jelly time, so keep kids cooking

Secret ingredient.
Little hands can be a big help when it comes to making meals

ALISON BOWEN
Metro World News

Bond and create healthy habits with your child in the kitchen. ISTOCK

Many parents' intuition might be to shoo children out of the kitchen.

But the next time your kiddos are underfoot while you're making dinner, consider tossing them a task.

Cooking with kids can be a great way to bond, create healthy habits and make something great for lunch.

Sally Sampson, who created ChopChop, a cooking magazine for families, suggests starting small: Let them pick a vegetable at the farmers market to add to a salad, or throw veggies into a blender to create a smoothie. Kids can also create their own salad dressings.

One thing she cautions against? Inviting children to help make dessert.

Cooking works even with the littlest ones.

"You can describe what you're doing," Sampson adds.

"You can have them hand you carrots. No age is too young."

And cooking can be much healthier — and cheaper — than parents might think.

Grill into fall with Mexicali Beef Steak

This recipe makes four servings. COURTESY THE CANADIAN PRESS

The back-to-school season means life can be frantic. But by grilling extra meat and vegetables on the barbecue, you'll have enough to make lunches the next day.

Serve these steaks carved into thin slices across the grain with steamed rice and kidney beans.

These also work well the next day. Set out warmed tortillas or flatbread plus a variety of toppings such as shredded cheddar, guacamole, diced tomatoes, sliced roasted sweet peppers and salsa. Carve grilled steak into thin slices and tuck into tortillas with toppings. Steak is best served at warm to room temperature

Ingredients

- 1 lime (grated peel and juice)
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) minced garlic (2 cloves) or 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) mild or medium chutney
- 2 ml (1/2 tsp) cumin
- 500 g (1 lb) marinating steak (such as inside skirt, inside round or sirloin tip)

1. In a resealable freezer bag, combine lime peel and juice, orange juice, garlic, chutney and cumin. Pierce steak all over and place in bag with marinade. Marinate in the fridge for 4 to 12 hours.

2. Place steak on greased grill over medium-high heat (200 C/400 F); close lid and grill for 5 to 6 minutes per side for medium. Remove from heat. Tent with foil; let stand 5 mins.

3. Serve steak by carving into thin slices across the grain.

THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

The cut of meat does count when it comes to these mini goodies. One contains an overload of calories, fat and sodium.

Equivalent

Six President's Choice mini wieners in pastry are equal in fat to one 375 g Pillers Kolbassa Sausage.

6 President's Choice mini wieners in pastry

450 calories / 33 g fat / 870 mg sodium
Wieners filled with nitrates and salts then wrapped in greasy puff pastry are not the best way to snack.

6 M&M mini bacon wrapped filet

240 calories / 16 g fat / 450 mg sodium
At half the calories, fat and sodium, a healthier app is a petit mouthful of filet mignon wrapped in a small amount of bacon.

Don't let dyslexia dictate their lives

Demystifying the disorder. Playing to your child's strengths and paying attention to the positives can make dyslexia easier, a new book advises.

JULIE KAYZERMAN
Metro World News in NYC

If you're reading this article during your daily commute on public transit, chances are there are at least five dyslexic people in your midst. The reading disorder affects 10 per cent of the population, with about 400,000 children diagnosed per year in the United States.

Dealing with dyslexia himself, Ben Foss has detailed how to identify and deal with the disorder in his new book The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning. We asked Foss how to identify and foster a love of learning in students who are struggling.

Identifying dyslexia

Knowing if a child has dyslexia starts with paying attention to their habits and strengths. Foss says that if children mispronounce words or avoid reading aloud under any circumstances, that could signal to parents that it would be a good idea to have the child tested. Some dyslexic children have trouble memorizing a series of numbers, or confuse words that sound familiar. But dyslexic children have strengths, as well, Foss stresses.

"If your child is dyslexic, you should find where their strength is and you play to it," he says.

Orient your thinking

Foss says a perspective shift is also in order. "You want to make sure you don't think about dyslexia as a disease. I am from New Hampshire. I'm not diagnosed as being from New Hampshire. I don't suffer from being from New Hampshire. I just am from New Hampshire. What you suffer from is being in a school system that expects everyone to do everything the same way."

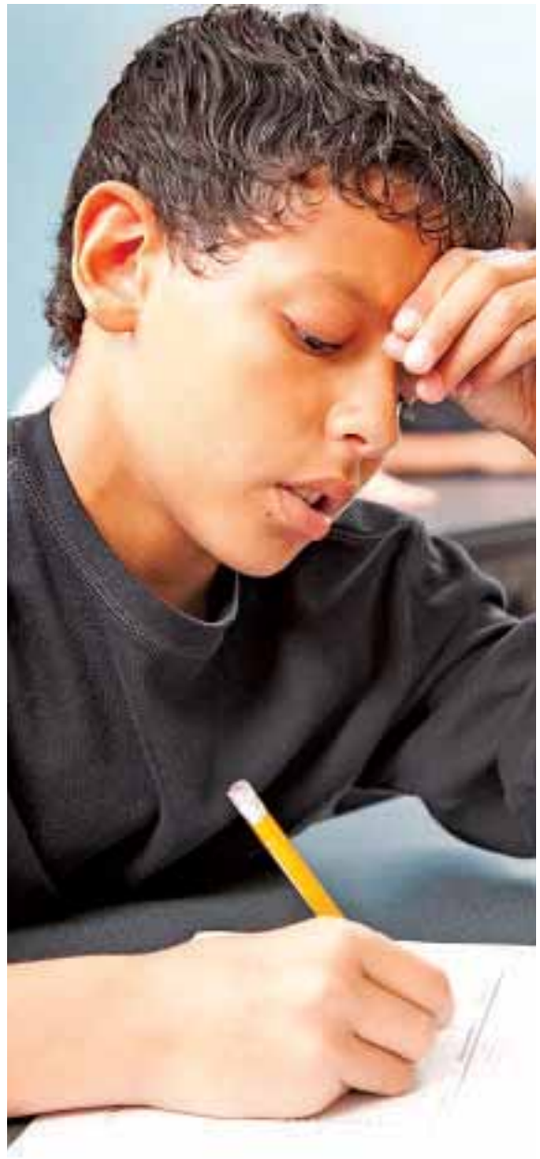
Dyslexia myths, debunked

"Your child needs to be fixed."

- "I think one of the biggest myths is that we're going to fix your child. The thing is, your kid's not broken in the first place," Foss says.

"It's better not to tell your child they have dyslexia."

- "The child will figure it out and they're going need to be a part of the team," he says. Dyslexic students "need to get out there and do the hard work of telling their story and self-advocate, so you really want learn to embrace the profile."



For children struggling with their ability to read due to dyslexia, author Ben Foss suggests audio books or iPads that read aloud to you. This is an extremely productive way for your child to obtain information. ISTOCK

Tips from the author

- **Encourage your child's resiliency.** "I cannot emphasize enough, you really want to explain to your kid that they're not broken and that they're smart and you love them. The main thing you're looking to build in your child long-term is resilience," says Foss. "You can do this by giving your child unconditional love and giving them responsibility."
- **Get your child formally identified.** Foss explains that this will be a defence against schools trying to tell you "your kid's just developing slowly" or "your kid's just not college material."
- **Get the facts.** "Learn what dyslexia is, learn the background, explain it to your child and then teach your child how to explain because they're going to run into people all day at school who have questions for them," says Foss.

Stars with dyslexia

Steven Spielberg

Richard Branson

Whoopi Goldberg

Cher

Magic Johnson

4 SPORTS

Olympics

Wrestling to return for 2020 Tokyo Games

Seven months after losing its Olympic place, wrestling was reinstated for the 2020 Olympics on Sunday as the IOC overturned a decision that many members thought was a mistake.

Wrestling easily defeated bids from baseball-softball and squash for a spot on the program of the 2020 Games, which were awarded Saturday to Tokyo. THE ASSOCIATED PRESS

Basketball

Argentina ends Canada's hope for berth at worlds

Luis Scola had 28 points and seven rebounds Sunday as Argentina eliminated Canada from the FIBA Americas Championship with a 73-67 victory.

Selem Safar added 18 points off the bench for Argentina (4-3). Facundo Campazzo chipped in with 10 points and eight assists.

Cory Joseph had 19 points for Canada (3-4) in a losing effort, while Andrew Nicholson added 17 of his own. Tristan Thompson finished with eight points and 10 rebounds for Canada.
THE CANADIAN PRESS

MLB

Reyes sparks Blue Jays to sweep over Minnesota

Esmil Rogers pitched well into the eighth inning and Jose Reyes' late double broke a scoreless tie that led the Toronto Blue Jays past the Minnesota Twins 2-0 Sunday for a three-game sweep.
THE ASSOCIATED PRESS

Jays shortstop Jose Reyes cracks an eighth-inning double on Sunday in Minneapolis.
THE ASSOCIATED PRESS

Williams wins again at Flushing Meadows

Serena Williams jumps for joy after winning the U.S. Open women's championship on Sunday in New York City. The 7-5, 6-7 (6), 6-1 win over Victoria Azarenka was the top-seeded Williams' fifth U.S. Open win and 17th Grand Slam title overall. JOE SCARNICI/GETTY IMAGES

Mustangs strike first in big rivalry

OUA football. Western gets long-awaited win over McMaster to improve to 3-0 out of the gate in 2013

Second-year quarterback Will Finch threw for 449 yards and five touchdowns to help lead the Western Mustangs to a 58-15 win over the McMaster Marauders on Saturday.

Western receiver George Johnson posted nine receptions for 224 yards and two touchdowns.

"He's a talented kid, he really is," said Mustangs head coach Greg Marshall of his quarterback. "He did a lot of good things out there and he's got lots of good weapons."

The Mustangs are 3-0 on the season, tied with the Queen's Gaels for first place in the OUA, while McMaster drops to 1-2.

The win was the Mustangs' first over McMaster since Week 2 of 2011 and only the second regular-season loss for the Marauders in two years.

"(It's good) anytime we come back here and play well," said Marshall on the significance of returning to his former stomping grounds to defeat a tough rival. "It would mean a lot more if it was a playoff game.

"I always temper it; we're going to have to play them again so let's not make too big a deal out of it. There'll be other games that we'll have to play and do this again."

Finch's 449 yards passing marked the third consecutive game that the Burlington native has thrown for more than 300 yards. It was Johnson's second straight game with more than 150 yards receiving.

Lirim Hajrullahu had a strong day in the kicking game, going 5-6 on field goals and adding six extra points.

The Mustangs are back in action on Saturday as they play host to the Ottawa Gee-Gees at TD Stadium. Game time is 1 p.m. METRO

On Saturday

58	15
Mustangs	Marauders

Golf. PGA Tour Canada closing out season at Sunningdale

The Tour Championship of Canada begins its week at Sunningdale Golf and Country Club on Monday.

After practice rounds and the pro-am, the 72-hole, $150,000 tournament gets started Thursday.

Winner's share is $27,000. The top 132 players from the Order of Merit qualify to play in the tournament.

Sunningdale is best known for hosting the first two LPGA tournaments in Canada. Kathy Whitworth (1966) and Carol Mannin (1967) won the first two Supertest Ladies Opens.

This is the PGA Tour Canada's final stop of the year. Tickets are $10 for a day pass and $20 for a weekly pass.
DAVE LANGFORD/METRO

The course

7,059

The Tour Championship of Canada will be a 7,059-yard par 72, using holes from the Thompson and Robinson courses.

At Sunningdale

Here's a quick look at what's coming up this week.

- **Monday:** Practice round.
- **Tuesday:** Practice round, 2 clinics.
- **Wednesday:** 52-team pro-am with two draws, clinics.
- **Thursday:** Round 1.
- **Friday:** Round 2 (cut to 55 and ties after this round)
- **Saturday:** Round 3.
- **Sunday:** Final round, trophy presentation, awarding of Web.com Tour cards to the top 5 on Order of Merit.

Week 1 in pictures

1 **Saints 23, Falcons 17.**
Brees marches Saints to win

Drew Brees passed for 357 yards and two scores, and the Saints held on for a 23-17 victory over the Falcons.

2 **Lions 34, Vikings 24.**
Lions steal AP's thunder

Adrian Peterson ran for a 78-yard TD on his first carry, but Reggie Bush responded with a 77-yard strike of his own to seal the Lions' win.

3 **Bears 24, Bengals 21.**
Ex-Als coach survives debut

Jay Cutler threw the go-ahead TD in the fourth, helping Chicago get the victory in Marc Trestman's debut. THE ASSOCIATED PRESS

Bills receiver Steve Johnson catches a pass for a touchdown over Patriots safety Devin McCourty and Kyle Arrington during the second half of their game in Orchard Park on Sunday. GARY WIEPERT/THE ASSOCIATED PRESS

Bills blow late lead in opener vs. Pats

NFL. Rookie QB shows poise, but unable to fend off familiar fate

New season, new receivers, familiar finish for Tom Brady, who looked like his old self in the clutch.

Whatever chemistry Brady still lacks within the Patriots' new-look offence, the quarterback overcame by rallying New England to a 23-21 season-opening win over the Buffalo Bills on Sunday. Brady marched New England 49 yards in 12 plays to set up Stephen Gostkowski's 35-yard field goal with five seconds left.

"I didn't have a lot of doubt," Brady said, referring to the final drive, which began at the Patriots' 34 with 4:31 remaining. "We've got a team full of fighters. There's going to be some ugly wins, but we're always going to fight until the end."

Week 1

Patriots	Bills
23	21

Shaking off a sloppy start, Brady completed all six attempts for 34 yards on a final drive during which he twice completed passes to convert third downs. That included threading a throw to Danny Amendola in traffic for a 10-yard gain on third-and-eight at the Bills' 39.

Shane Vereen ran 15 yards on the next play, and the Patriots settled on running time off the clock before Gostkowski won it.

Amendola, an off-season free-agent addition, showed grit by returning to the game despite a nagging groin injury.

"He really toughed it out, which was impressive," Brady said of Amendola, who led the Patriots with 10 catches for 104 yards — similar numbers to what Wes Welker used to provide for Brady.

The new-look Bills nearly pulled off a stunning upset in their first game under coach Doug Marrone and rookie quarterback EJ Manuel.

It instead turned into an all-too-familiar outcome for the Bills against their AFC East rivals. They dropped to 1-19 in their past 20 meetings. They are 3-24 in 27 games since Bill Belichick took over as Patriots coach in 2000.

THE ASSOCIATED PRESS

Rookie reality

"Overall, at the end of the day, we lost. So I can't really say we did this great, we did that great."

Bills quarterback EJ Manuel, who threw for 150 yards and two touchdowns.

Training camp. Young defenceman Rielly ready for his Leafs audition

The Toronto Maple Leafs are on Morgan Rielly's mind, and they have been for some time.

The 19-year-old defenceman is the organization's top prospect, and his complex situation of perhaps being too good for the WHL, too young for the AHL and not yet ready for the NHL has been well-documented. All Rielly could do over the summer was give himself the best possible chance when training camp opens Wednesday.

"What was driving me was I was trying to make the Leafs," said Rielly, who worked out back home in Vancouver. "I was training hard, I was on the ice a lot and obviously my goal I had in mind was to play in Toronto this year. That was what was driving me to wake up every morning early and train and to go on the ice."

Rielly was asked plenty during Leafs prospect camp in June about going back to junior with the Moose Jaw Warriors if he can't earn a roster spot in Toronto, and he will be under the microscope plenty as his real audition begins later this week.

"He's a kid, he handles everything so well," Toronto Marlies coach Steve Spott said. "Morgan's a very intelligent young man. If you speak to him, he's mature beyond his years. He's going to be able to handle the media that this city presents. I just think he understands he has to be a step above on the ice and he has to be a step above off the ice."

The competition for roster spots should be heated between Rielly, Paul Ranger, T.J. Brennan and Korbinian Holzer. THE CANADIAN PRESS

Morgan Rielly is hoping to secure a spot on the Leafs' roster at training camp. BRUCE BENNETT/GETTY IMAGES FILE

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	87	58	.600	—
Tampa Bay	78	64	.549	7½
Baltimore	76	66	.535	9½
New York	76	67	.531	10
Toronto	67	76	.469	19

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	82	61	.573	—
Cleveland	76	66	.535	5½
Kansas City	75	68	.524	7
Minnesota	61	80	.433	20
Chicago	57	85	.401	24½

WEST DIVISION

	W	L	Pct	GB
Oakland	83	60	.580	—
Texas	81	61	.570	1½
Los Angeles	67	75	.472	15½
Seattle	65	78	.455	18
Houston	47	96	.329	36

Sunday's results
N.Y. Mets 2 Cleveland 1
N.Y. Yankees 4 Boston 3
Chicago White Sox 4 Baltimore 2
Toronto 2 Minnesota 0
Kansas City 5 Detroit 2
Texas 4 L.A. Angels 3
Oakland 7 Houston 2
Tampa Bay 4 Seattle 1
Saturday's results
Baltimore 4 Chicago White Sox 3 (10 inn.)
Boston 13 N.Y. Yankees 9
Oakland 2 Houston 1
Cleveland 9 N.Y. Mets 4
Toronto 11 Minnesota 2
Kansas City 4 Detroit 3
L.A. Angels 8 Texas 3
Seattle 6 Tampa Bay 2
Monday's games — All times Eastern
Kansas City (Santana 8-8) at Cleveland (Jimenez 10-9), 7:05 p.m.
N.Y. Yankees (Sabathia 13-11) at Baltimore (Tillman 15-5), 7:05 p.m.
L.A. Angels (Weaver 9-8) at Minnesota (Hernandez 3-1), 7:10 p.m.
Pittsburgh (Cole 6-7) at Texas (Darvish 12-7), 8:05 p.m.
Detroit (Scherzer 19-2) at Chicago White Sox (Sale 10-12), 8:10 p.m.
Houston (Cosart 1-1) at Seattle (Walker 1-0), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	85	57	.599	—
Washington	73	69	.514	12
Philadelphia	66	77	.462	19½
New York	64	77	.454	20½
Miami	53	88	.376	31½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	83	60	.580	—
Pittsburgh	81	61	.570	1½
Cincinnati	81	62	.566	2
Milwaukee	62	80	.437	20½
Chicago	60	82	.423	22½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	83	58	.589	—
Arizona	72	70	.507	11½
Colorado	66	78	.458	18½
San Diego	65	77	.458	18½
San Francisco	64	79	.448	20

Sunday's results
Washington 6 Miami 4
Philadelphia 3 Atlanta 2
St. Louis 9 Pittsburgh 2
Milwaukee 3 Chicago Cubs 1
San Francisco 3 Arizona 2 (11 inn.)
San Diego 5 Colorado 2
L.A. Dodgers at Cincinnati
Saturday's results
Cincinnati 4 L.A. Dodgers 3 (10 inn.)
Milwaukee 5 Chicago Cubs 3
Philadelphia 6 Atlanta 5
Washington 9 Miami 2
St. Louis 5 Pittsburgh 0
San Diego 2 Colorado 1
Arizona 2 San Francisco 1
Monday's games — All times Eastern
Chicago Cubs (Wood 8-11) at Cincinnati (Arroyo 13-10), 7:10 p.m.
Atlanta (Medlen 12-12) at Miami (Alvarez 3-3), 7:10 p.m.
Washington (Gonzalez 9-6) at N.Y. Mets (Torres 3-3), 7:10 p.m.
Arizona (Delgado 4-5) at L.A. Dodgers (Nolasco 12-9), 10:10 p.m.
Colorado (Chacin 13-8) at San Francisco (Lincecum 9-13), 10:15 p.m.

NFL

WEEK 1

Sunday's results
Chicago 24 Cincinnati 21
N.Y. Jets 18 Tampa Bay 17
Miami 23 Cleveland 10
Indianapolis 21 Oakland 17
Kansas City 28 Jacksonville 2
Tennessee 16 Pittsburgh 9
Seattle 12 Carolina 7
New England 23 Buffalo 21
Detroit 34 Minnesota 24
New Orleans 23 Atlanta 17
San Francisco 34 Green Bay 28
St. Louis 27 Arizona 24
N.Y. Giants at Dallas
Monday's games — All Times Eastern
Philadelphia at Washington, 6:55 p.m.
Houston at San Diego, 10:20 p.m.

CFL

WEEK 11

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

Sunday's results
Toronto 37 Montreal 30
Winnipeg 25 Saskatchewan 13
Saturday's result
Hamilton 37 B.C. 29

MLS

Sunday's results
New York 4 Houston 1
Montreal at New England
D.C. at Chivas USA
Philadelphia at San Jose
Saturday's results
Kansas City 3 Columbus 0
FC Dallas 3 Vancouver 1
Seattle 2 Chicago 1
Colorado 1 Los Angeles 0
Portland 4 Toronto FC 0

Horoscopes

♈ Aries
March 21 - April 20
You will meet some interesting people this week and if you want to be accepted into their group you are going to have to prove yourself.

♉ Taurus
April 21 - May 21
You will be challenged by some powerful people today but you have what it takes to meet that challenge.

♊ Gemini
May 22 - June 21
Mercury's change of signs indicates that the good times are coming back and by the end of the day you will be smiling again. Life is as good as you want it to be.

♋ Cancer
June 22 - July 23
You may be tempted to suppress your natural instincts in order to complete a task that others need done but is that such a good idea?

♌ Leo
July 24 - Aug. 23
Give yourself 100 per cent to whatever it is you have to do over the next few days. Forget about all the little things that you COULD be doing – there is one thing and one thing only that you SHOULD be doing.

♍ Virgo
Aug. 24 - Sept. 23
You have major obligations that cannot be run away from, so start the week in a serious frame of mind and make sure you get on top of your tasks from the word go. The sooner you start the sooner you win.

♎ Libra
Sept. 24 - Oct. 23
As Mercury moves into your sign today your confidence will start to pick up and you may be tempted to take a few risks. Don't.

♏ Scorpio
Oct. 24 - Nov. 22
If someone offers you something for nothing today there may very well be a catch, but it's just as likely they want you to share in their good fortune.

♐ Sagittarius
Nov. 23 - Dec. 21
Take time out from your busy schedule to focus on things that make you happy. You have done so much for other people in recent weeks that you have neglected your own needs and desires. Time to make up for it.

♑ Capricorn
Dec. 22 - Jan. 20
Do what you feel like doing today, even though others may frown and tell you that you're losing your competitive edge. It's not true, of course. Even a go-getter like you needs to slow down once in a while.

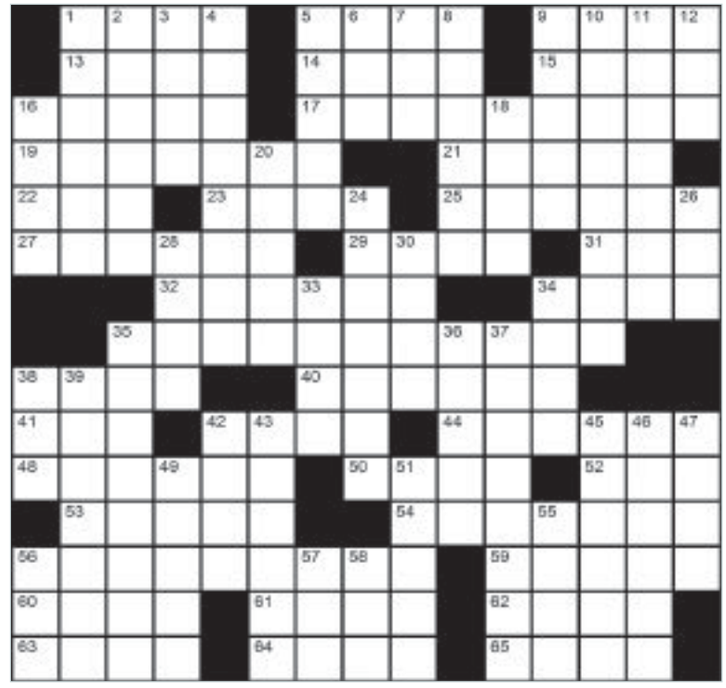
♒ Aquarius
Jan. 21 - Feb. 19
Do something dramatic today, something that makes the world sit up and take notice.

♓ Pisces
Feb. 20 - March 20
Let other people guide you today. Where money and business matters are concerned, in particular, the planets warn you don't have the necessary know-how to make decisions that will benefit you, so listen to the experts. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

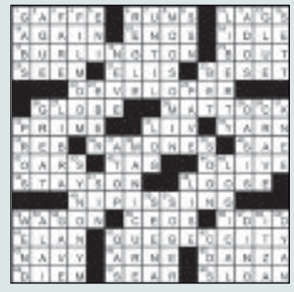
BY KELLY ANN BUCHANAN



Across
1. Irish actor Mr. Townsend, et al.
5. Gym bag item
9. Elbe tributary
13. Alphabetic sequence
14. Thomas Edison's middle name
15. Whirl
16. Loup-__ (Werewolf, in French)
17. Simulated combat game to 'dye' for
19. "On My Own" singer in Les Miserables
21. "__ _ say more?"
22. How non-prescription meds are sold [acronym]
23. Carpentry tool
25. Friend from way back: 2 wds.
27. Mini racing vehicle
29. Pots
31. 'Benedict' suffix
32. Theatre: Spanish
34. Preposition
35. 2014 Spring __ (What designers are showcasing at New York Fashion Week)
38. Greyish
40. Street for Big Bird
41. Margaret of laughs
42. Montreal-born humourist Mort
44. Watered the plants with a light spray
48. It separates Haida Gwaii and mainland BC, __ Strait
50. Scientific spots
52. Lennon's love
53. "__ Gantry" (1960)
54. Gist
56. Furnishings
59. Thoughts
60. Travel by __ (Choo! Choo!)
61. Bubbly chocolate bar
62. Load
63. About, on a company memo: 2 wds.
64. Throw for a __ (Astonish)
65. Scruff

Down
1. Awake or become focused: 2 wds.
2. "For Those About __ __ (We Salute You)" by AC/DC
3. Knowledgeable about: 2 wds.
4. Tree-climbing critter
5. Records
6. _ __ mode
7. Nero's 56
8. Artillery gun on wheels
9. Spherical
10. "Don't It Make Ya Feel" band from Vancouver
11. Dependent
12. Annex
16. Subj. with maps
18. Business contact nos.
20. Birth-related
24. Range in British Columbia, __ Mountains
26. Mr. DiCaprio, to pals
28. This Is Not _ __ (Label warning)
30. Goes bad, as food
33. Musician/radio personality John
34. Loonies
35. Canadian Hip-Hop star
36. Poetic feet
37. Something neglected to be done
38. "Oh!" in Germany
39. Taylor Swift's duet partner on "Everything Has Changed", Ed __
42. Footprint
43. Of the air
45. Get in shape: 2 wds.
46. Cover
47. John and Jane
49. Plentiful
51. He's simply fabulist!
55. John Diefenbaker's first wife
56. Prefix to 'angle'
57. Keanu's 'Matrix' role
58. Miracle-__ (Gardening product)

Friday's Crossword

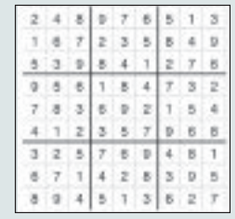


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			4	7				1
2		4		1		3		
					9			6
	3	1	8	9		7		
		9				1		
		7		5	4	9	8	
8			5					
		2		3		6		4
1				2	6			

Friday's Sudoku



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